

**“Whether you think you  
can or think you can’t,  
you’re right.”**

**– Henry Ford**

**"Those who say it can't be done are being passed by those doing it."**

**-- Unknown**



**Rule No.1**

**I can do it!**

**“The man who makes no mistakes does not usually make anything.”**

**-- W.C. Magee**

**“A ship in harbour is safe,  
but that is not what ships  
are built for.”**

**-- William Shedd**

## **Rule No. 2**

**Losing just means  
“try again”**

**“If you want to test your memory, try to recall what you were worrying about one year ago today.”**

**-- E. Joseph Cossman**



**“I have no time to worry”  
- Winston Churchill**



## **Rule No, 3**

**If you can do it, do it.  
If you can't, use your  
energies elsewhere.  
Never worry.**

**“Building a better you is  
the first step to building a  
better America.”**

**— Zig Ziglar**

**“It’s not who you are that holds you back, it’s who you think you’re not.”**

**-- Unknown**

**“You must be the change  
you wish to see in the  
world.”**

**Mahatma Gandhi**



**Rule No. 4**

**It's up to you.**